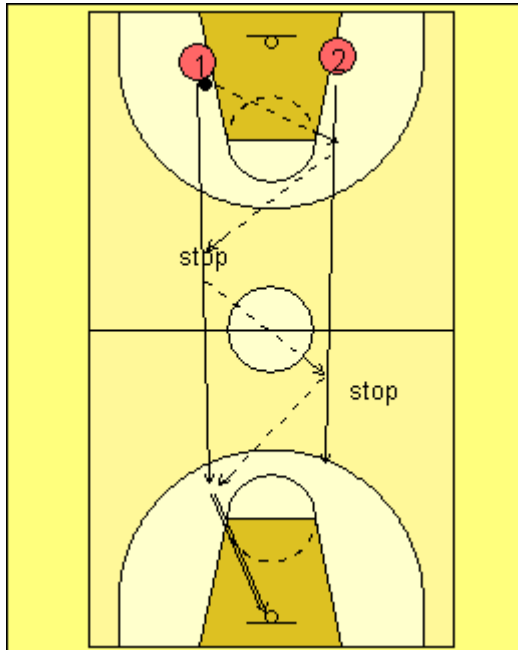


Albert Switzer Coaching Clinic Manhiem, Germany April 2006

Transition – Running the floor Emir Mutapcic

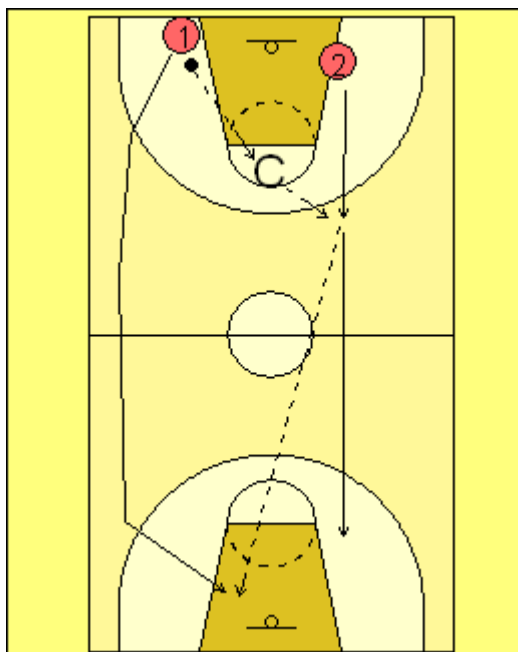


Partner passing

- Run the width of the FIBA key.
- Sprint - pass - Stop
- The key is to land on balance. Want the players to go from a dead stop to full speed in three strides. When you stop look at the rim. Pass the ball to your partner when he/she appears in your peripheral vision.
- Add a shot fake or a pass fake - sprint - catch - stop - fake - pass

Note: the players need to develop the fundamental movement skill of starting quickly in three strides. Work on forward lean and drive the arms with short quick steps.

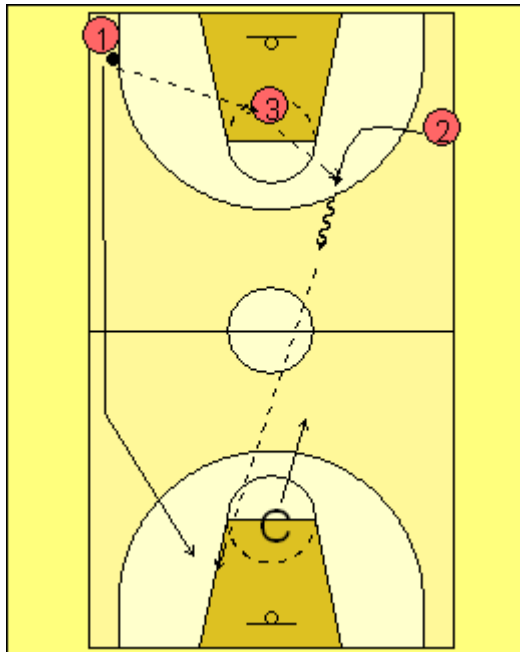
1



Push ahead

This is a great drill to work on sprinting and pushing the ball. #1 passes the ball to the coach and sprint to fill the outside lane (You could start this pass from various positions). #2 starts to run at the same time as #1. The coach passes the ball to #1 who immediately looks to hit #1 for a lay up. The idea is to do the drill with no dribbles. It takes lots of practice to get the timing down.

2



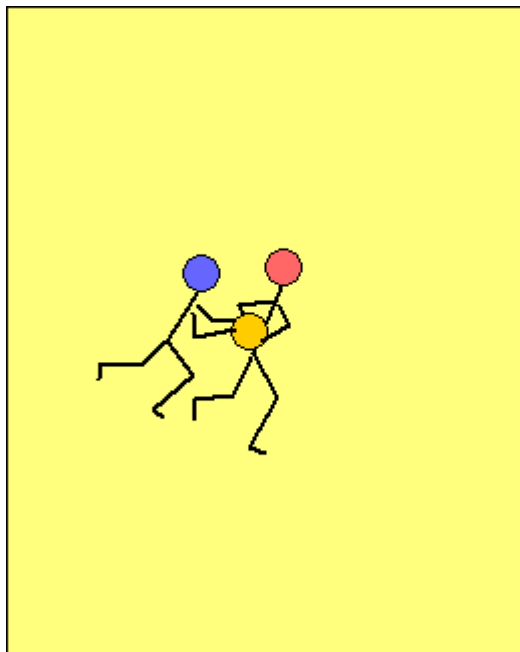
3

Load the drill

- The coach stands at the other end. If the coach is back in the key #2 dribbles the ball. If the coach moves forward pass over the coaches head for the score.

Note that the starting positions have been changed. Mix up where the players start. This teaches the first player to sprint to get ahead and the second player must scan receive the ball and make the appropriate decision.

- Add a third player who runs the other wing. The guard must decide which player to push the ball too.

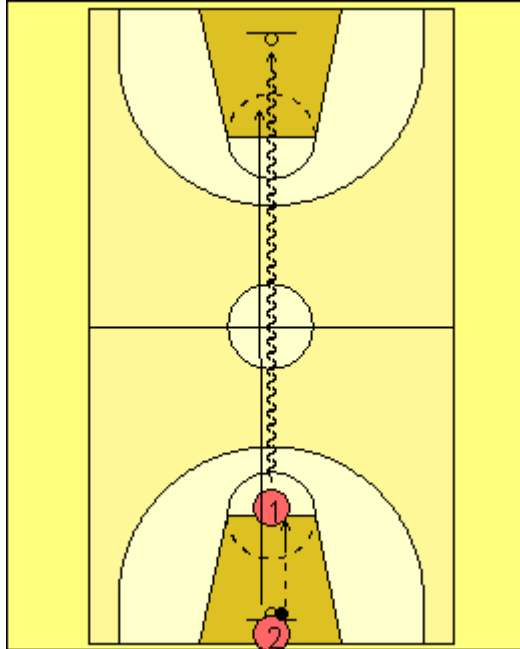


4

Agility

Player #1 is running forward down the court with the ball on the right hip. Player #2 runs behind and takes the ball from the right hip of player #1 and then moves it to the left side. Player #1 now move the ball back to his/her right hip. Player #2 must move back to the right side.

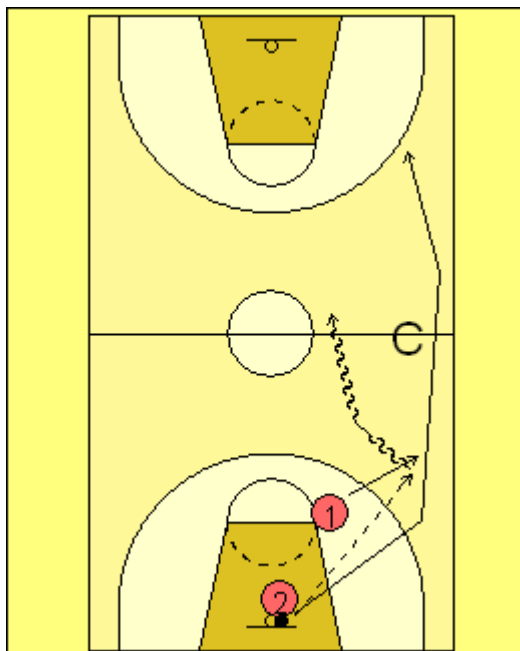
This forces the player in the back to move laterally and forward at the same time. The players should eventually be able to do the drill at full speed.



5

Speed dribble

Pass the ball and sprint to catch the player with a light touch on the hips. This is forcing the player to work on a speed dribble. The other player is working on sprinting.



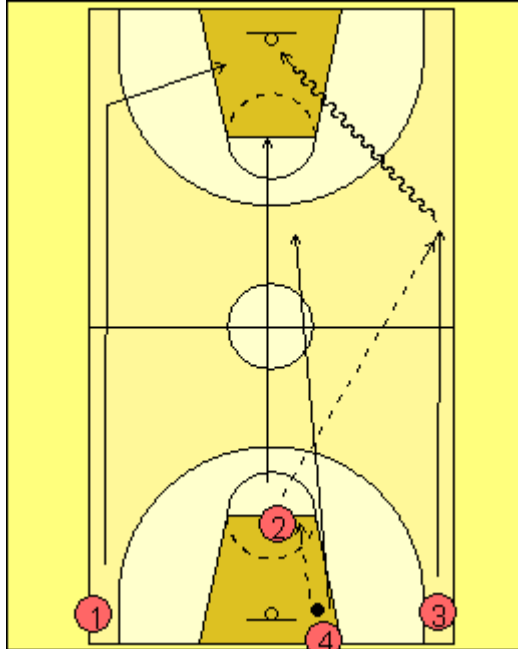
6

2 on 0

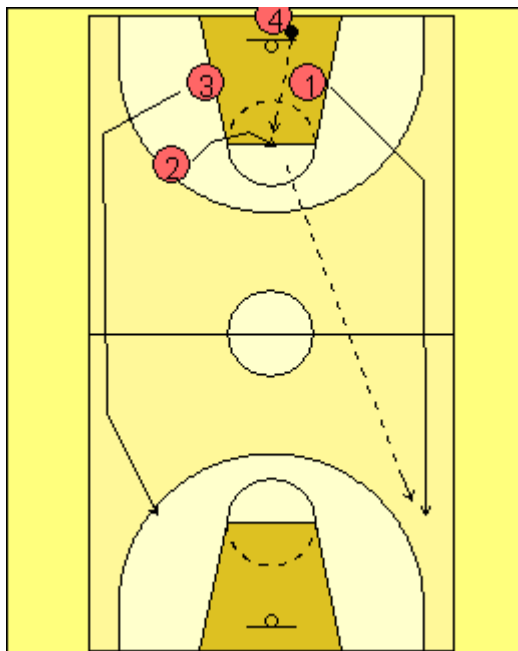
This is the classic 2 on 0 drill. Toss the ball of the backboard and outlet the ball. The rebounder must run outside the coach who stood at half.

He added a behind the back dribble by the guard if he/she started to push sideways first.

4 player rush



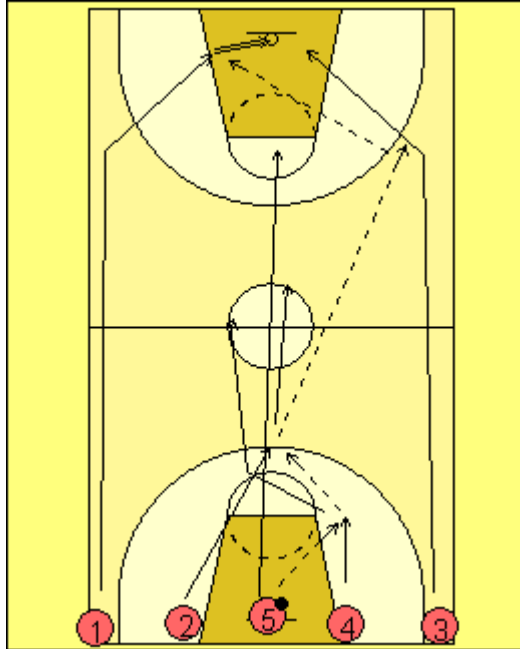
#4 starts with the ball out of bounds. #1 and #3 start in the corners with #2 at the foul line. The ball is passed to #2 and everyone starts to sprint. #2 passes the ball to either wing that catches the ball and scores the lay up.



#4 must sprint to take the ball out of the basket. It should not hit the floor. #3 and #1 cross and now sprint the lanes going the other way. #2 must circle cut to receive the outlet. The ball is passed to the other wing that scores the lay up.

The ball should never hit the floor if done properly.

Note: This would not work with younger players since they can not throw the ball long enough and run with the necessary speed. This does not mean you cannot do this with younger kids. Adapt the drill to meet their needs. It is important that we do drills that teach players to sprint the floor. Instead of the coaching yelling for the players to run the drill forces them to run.



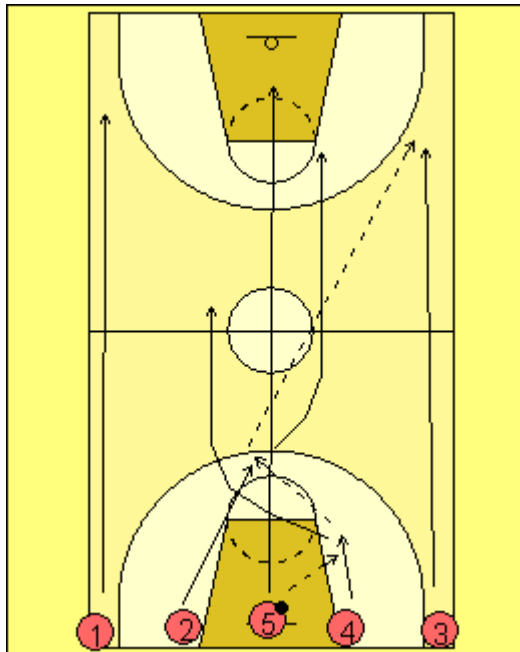
9

5 player transition

The 5 players line up along the baseline. #5 passes the ball to #4 and runs the middle. The two outside players, #1 and #3 sprint the outside lanes. #4 passes to #2 and weaves behind to run the left lane. #2 passes the ball to #3 who passes to #1 for the lay up.

The two wings #1 and #3 cross as in the previous drill. #5 takes the ball out of the net. And #4 and #2 fill the two blocks to receive the ball and start the same action on the way back. The ball should now go to the opposite wing first.

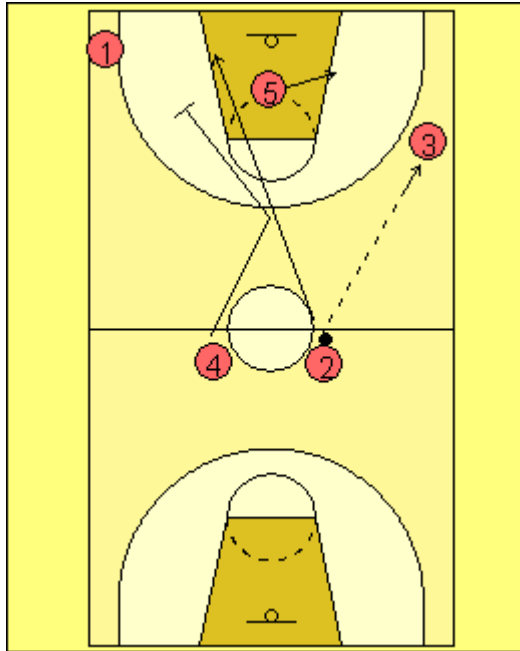
Again, this drill forces players to run and handle the ball at speed.



10

5 player transition with trail player screen

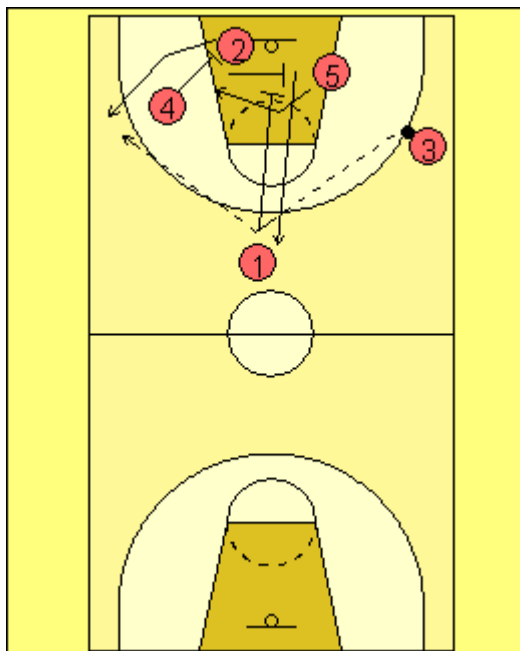
The drill starts the same as before with the two wings running wide and the middle players doing one weave.



11

Once the ball is passed to the wing the players execute one of the transition options.

#5 exits to the ball side post. #2 cuts to the corner of the backboard and #4 goes to screen down for #1.

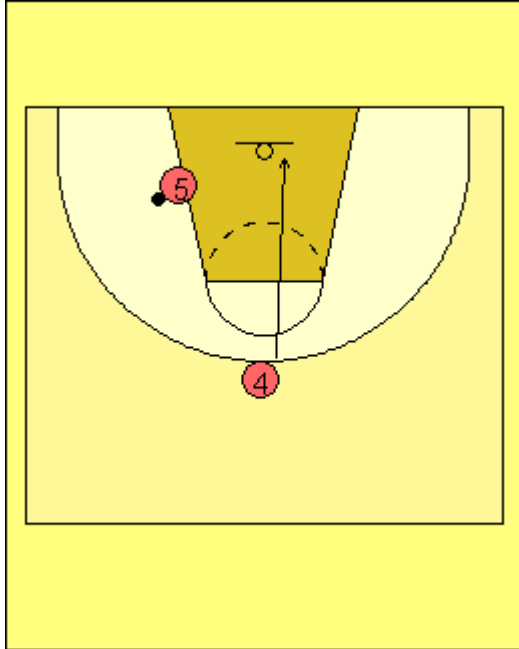


12

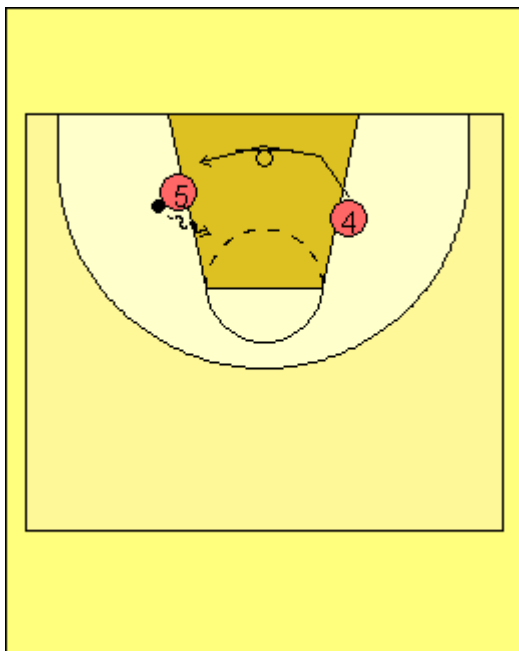
The ball is reversed to #1 at the top. #4 sets a second screen for #2 to receive the ball on the wing. #4 then sets a third screen for #5. #1 down screens for #4 after reversing the ball to #2.

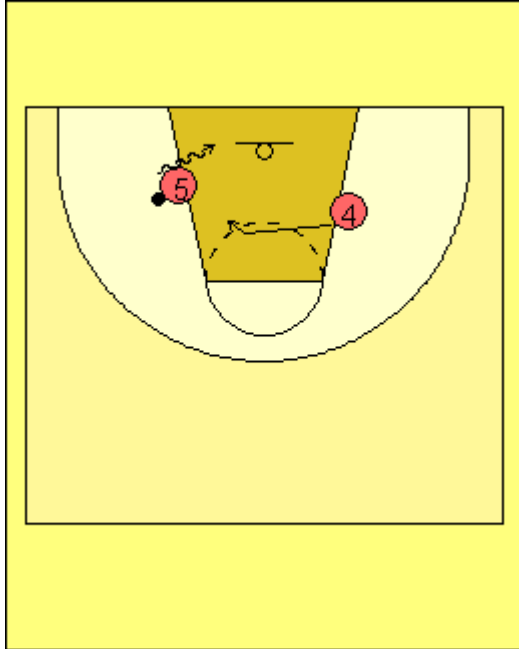
Post actions

When the ball is in the low post the other post, the opposite post dives to the rim.

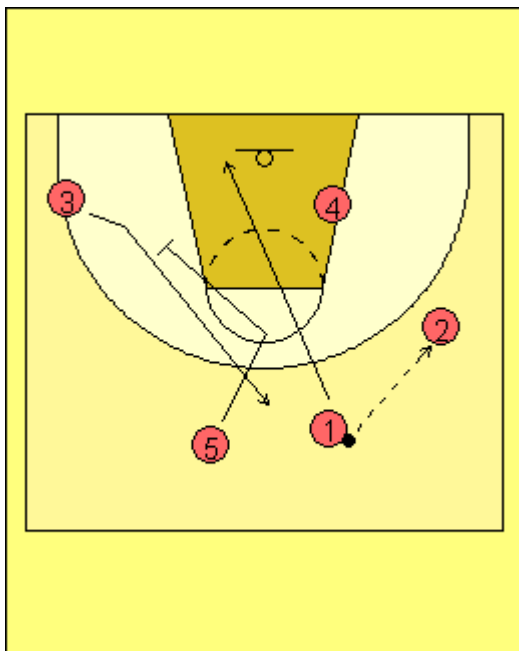
**Post dribbles middle**

If the low post dribbles middle the opposite post circles under the basket to the side vacated.



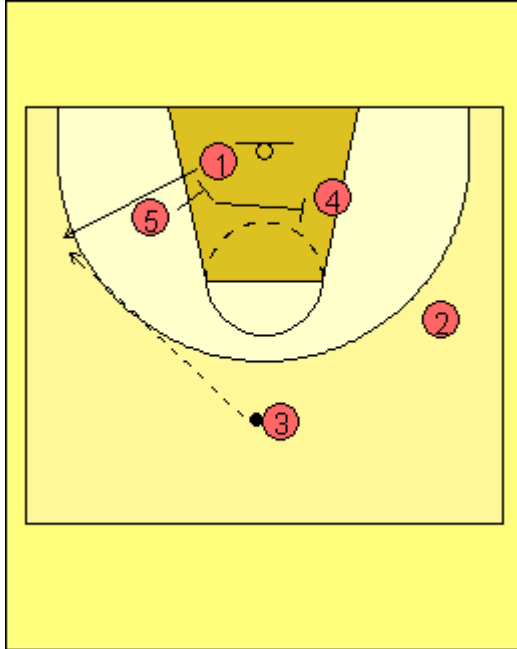
Post dribble baseline

If the post dribbles baseline the opposite post goes to the dotted circle.

Transition if #5 trails

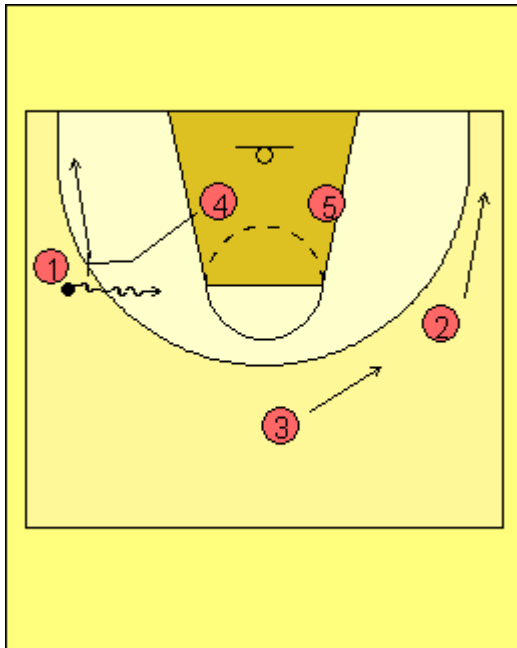
The beginning action is the same as before.

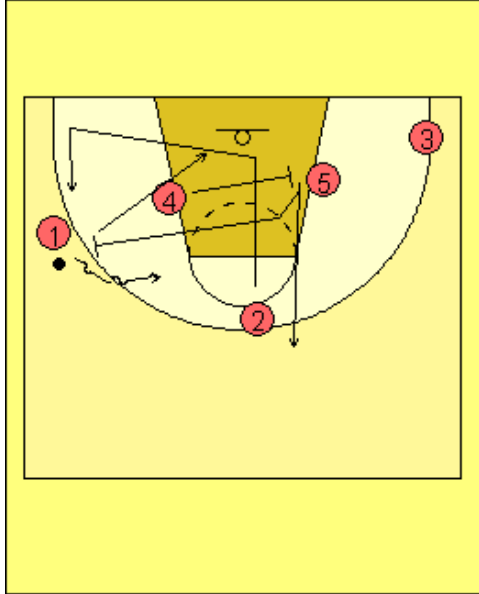
#5 sets the down screen for #1 and screens across for #4.



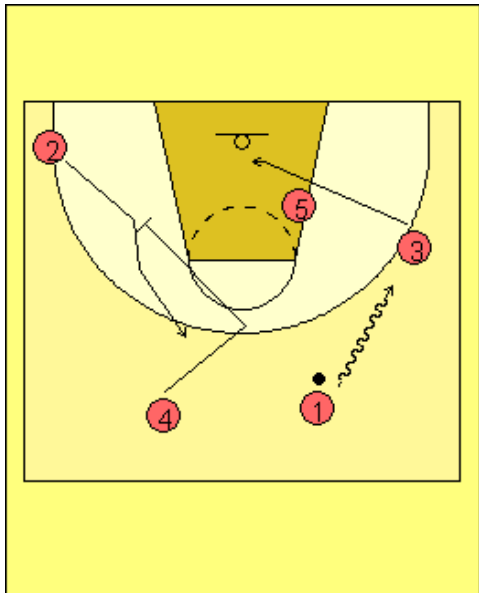
Since #5 is not a good outside shooter, #4 continues across to play side pick and roll with #1. #2 and #3 play in space. #5 is ready for a relay pass into the post.

Note: You can have #3 cut through to create confusion. #2 would fill the high elbow and #2 would fill the corner. It breaks down the help defense.



Option

You could have #5 come and set the ball screen. In this case #2 comes out behind for the relay pass and #4 cuts to the high elbow to create space for #5 to roll.

Dribble entry

If the ball could not be pushed to the wing the guard can dribble the wing under the hoop. The play would continue the same as before except #3 receives the down screen from #4.

Mix the options

The players now run the 5 on 0 transition drill. The coach can mix up the various options. This forces the players to communicate and concentrate. The next progression is to start to add guided defense. At first you can add it to the wings to help the guard in reading when to push on the pass or dribble.